



Lewis and Clark Fitness Challenge

Welcome to the Lewis and Clark Fitness Challenge, an integrated program for fourth and fifth graders developed by the Montana Office of Public Instruction and the Eat Right Montana Coalition. The overall goal of this program is to motivate families and children to engage in regular physical activity. While children learn about Lewis and Clark's Expedition in the classroom, you can use this program to integrate lesson plans on Nutrition and Fitness into the regular curriculum. At the same time, classroom and health enhancement teachers can promote the Lewis and Clark Fitness Challenge by encouraging students to reach a goal of "traveling" along the westward Lewis and Clark trail by accumulating daily physical activity. The objectives of this program are:

- ☐ To motivate children, teachers and families to eat well and be more active while learning about the Lewis and Clark Expedition through Montana.
- ☐ To improve the fitness of children in Montana.

The materials contained within the Lewis and Clark Fitness Challenge kit will provide you with sixteen lesson plans to help you integrate nutrition and fitness into your lesson plans on Lewis and Clark. Keep reading to find out how it all works!



Lewis and Clark Fitness Challenge

The purpose of the Lewis & Clark Fitness Challenge is to increase physical activity among children in Montana. Through the Lewis & Clark Fitness Challenge, children will learn about Lewis and Clark's Expedition through Montana and will be given opportunities to develop a healthier lifestyle.

You can decide the length of the program, but the goal is to have the kids "travel" 864 miles, the westward Lewis and Clark trail through Montana. Using daily physical activity, participants will count the minutes they spend each day being physically active and convert these minutes into miles traveled along the trail. Here are a few different ways to accomplish this:

- **Sixteen Week Program:** Over 16 weeks, participants who are physically active for 30 minutes each day, at least six days a week, will be able to reach the goal of "traveling" along the westward Lewis & Clark Trail (864 miles) across Montana. For every 30 minutes of physical activity, participants will progress 9 "miles" along the trail. Participants may get "extra credit miles" for physical activity beyond 30 minutes a day, six days a week.

<p>30 minutes = 9 "miles" 9 miles, 6 x/week = 54 miles/week 54 miles/week x 16 weeks = 864 miles</p>
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- **Eight Week Program:** Over 8 weeks, participants who are physically active for 30 minutes each day, at least six days a week, will be able to reach the goal of "traveling" along the westward Lewis & Clark Trail (864 miles) across Montana. For every 30 minutes of physical activity, participants will progress 18 "miles" along the trail. Participants may get "extra credit miles" for physical activity beyond 30 minutes a day, six days a week.

<p>30 minutes = 18 "miles" 18 miles, 6 x/week = 108 miles/week 108 miles/week x 8 weeks = 864 miles</p>

- Or you can set the mileage chart up however you like to complete the program in less or more time.

Included in this kit are sixteen lesson plans to be used along with the Challenge. The first eight lesson plans cover Nutrition while the last eight discuss Fitness, both essential elements for a healthy lifestyle. Keep in mind that this program works best when both elementary teachers and Health Enhancement teachers work together to integrate the physical fitness part of the challenge and the academic part of the challenge. To start the challenge, go to Fitness Lesson # 1 (page 26). It provides challenge instructions, Montana map indicating route, and student tracking calendars.

As students begin to accumulate miles, make sure to use the enclosed Lewis and Clark Milestones and Mileage chart and map (found in Fitness Lesson 1).

As students progress along the westward trail taken by Lewis and Clark through Montana, read to students from Lewis and Clark's journals at each milestone on the map, which coincides with that journal entry. For example, when students have accumulated 116 miles on their Activity Logs, read the journal entry Lewis and Clark wrote at Fort Peck Dam, and so on down through the rest of the milestones. *Note that mileage given is *between* each milestone, and does not represent total miles traveled. *To read or print off the Journals of Lewis and Clark on line, go to

Getting Started on the Trip

The program can be started any time of year. Just allow enough time for students to finish the challenge before the school year is over. It might be fun to begin the program at the same time of year that Lewis and Clark were in Montana - the Spring.

Also important will be partnering with the school's cafeteria staff. The staff may be willing to make special dishes, which coincide with a lesson plan on Nutrition, or something that the Lewis and Clark Expedition would have eaten. The cafeteria staff could also help put together a "feast" at the end of the program to celebrate and create fun names for menu choices.

Although this kit contains 16 weeks of lesson plans - eight lessons on each Nutrition and Fitness - you may choose to do an 8 or a 10 week program by simply choosing from among the lesson plans you want to use. With a 16-week program, one lesson plan can be done each week, allowing about one hour for each lesson plan. Use the enclosed press releases to inform parents, teachers, parents and the community about this fun program. Lesson plan handouts and brochures are in the front side of the plastic files at the end of each lesson, and parent handouts are in the back side of the plastic files at the end of each lesson. Also, look over the 16-week Lesson Planner, an easy-to-read matrix with references to components, objectives and specific activities. Have fun and keep moving!



Using the Lewis and Clark Fitness Challenge

Examples of how this program can be integrated across the curriculum to help meet the Montana Curriculum Standards are outlined below:

Language Arts

- ☐ Students will read from the Lewis and Clark journal at major points in Montana.
- ☐ Students will read restaurant reviews from newspapers and magazines.

Writing

- ☐ Students will write reviews of the school cafeteria.
- ☐ Students will keep a food diary and use it to write a food article for a student newspaper.
- ☐ Students will develop a cookbook.

Math

- ☐ Students will measure out serving sizes of foods.
- ☐ Students will tally "miles" on their Activity Logs.

Health Enhancement

- ☐ Students will learn about the benefits of physical activity and participate in various activities and games.

Health

- ☐ Students will learn about the benefits of eating healthfully, staying active, and planning nutritious snacks and breakfasts.

Science

- ☐ Students will learn about the different parts of vegetable and fruit plants.

Geography

- ☐ Students will become familiar with maps of the Lewis and Clark Trail through Montana.

Social Studies

- ☐ Students will learn about Native American culture.
- ☐ Students will learn about grains grown in Montana.

History

- ☐ Students will learn about the Lewis and Clark Expedition in Montana.

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